

# Vegetable Oils for Salad Time and Summer Time

By VIRGINIA CARTER LEE

IN THIS week's menus the use of the different varieties of vegetable oils is demonstrated. They are used (in both liquid and solidified form) for all culinary purposes, including frying, and their use is particularly recommended at the present time, when both butter and oleo are classed among the luxuries.

The different vegetable oils, which include olive, cottonseed, corn, coconut and peanut, vary greatly in price, ranging from the aristocratic olive oil that sells from \$2 to \$2.25 a quart, down to the cottonseed variety that may be purchased in bulk in your own container for as low as 50 cents a quart. Cans of cottonseed oil from reliable firms sell at 90 cents a quart, the corn varieties at 75 cents and the peanut at 85 cents.

The delicious flavor of good olive oil needs no recommendation, and I have yet to find any worthy substitute for it in making a good French dressing. (On the other hand, however, the cottonseed and corn oils produce a delicious mayonnaise that seems smoother than the more expensive olive oil is employed.)

Remember that in using the peanut oil a slight flavor of the nuts is always apparent; it blends well, however, with the dressing for a fruit or green vegetable salad, and it is also good for making mayonnaise, mayonnaise cookies, etc.

The solidified oil can be advantageously used in any recipe calling for butter or oleo, and, as it sells at from 30 to 32 cents (depending on the greener) for a can holding one pound, the price compares favorably with oleo at 40 cents and butter at 68 cents a pound.

The nutritive values of all good vegetable oils are about the same, 100 calories to the tablespoonful. Less, however, of either the liquid or solidified oil will be required than of butter or oleo in cooking, because these contain more

water, and extra salt should always be added, as no salt is in the composition of the oil, as it does in butter.

When employed for deep frying these oils can be used over and over again if they are not scorched; when through frying strain through cheesecloth while still warm and store in a cold place.

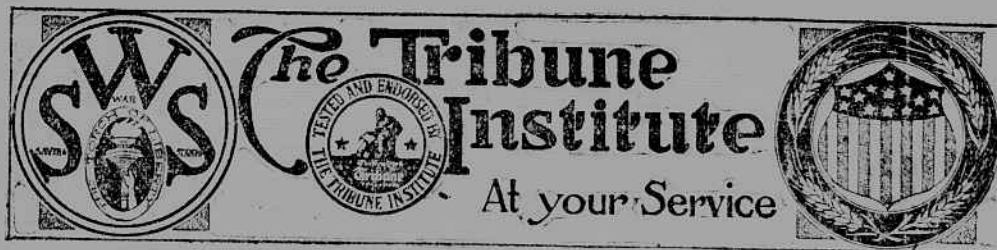
In preparing the mutton ceils use stewing mutton and simmer with an onion and a bunch of sweet herbs until tender. Season to taste with salt and pepper, chop the meat finely, and for every pint add one tablespoonful of vegetable oil, half a teaspoonful of salt, a quarter of a teaspoonful of paprika and two tablespoonfuls of chopped parsley. Mash the ingredients with a potato masher and mix in three tablespoonfuls of cream and the stiffly whipped whites of two eggs. Arrange in oiled custard cups, set in a pan of hot water and bake until well risen and browned.

Supplies for the week will include at the butcher's one pound and a half of stewing mutton at 25 cents a pound, one can of boned chicken for 50 cents, one pound of stewing veal at 32 cents a pound, one slice of cooked ham for 25 cents, a slice of salt pork for 8 cents and a quarter of a pound of bacon at 40 cents a pound.

At the fish market a 13-cent box of salt codfish, one three-pound sea shad for \$1, one pound and a half of flounder at 20 cents a pound, five large clams at 6 cents each and a can of crabmeat for 35 cents.

The following budget should supply a family of four:

Butcher's bill	\$1.63
Fish bill	2.08
Dairy products	3.30
Fruits	2.10
Vegetables	2.92
Groceries (including vegetable oils)	3.97
Total	\$16.00



## Substituting Other Vegetable Oils for Olive Oil

Long ago, in the dark ages before the Food Law passed (that is, some thirteen years ago), it was a common trade practice to mix cottonseed oil with olive oil and sell it for the price of the latter. A 50 per cent mixture would net the mixer a tidy sum, as the difference in price has always been great. And so because this fraud was exposed and prosecuted cottonseed oil acquired a bad reputation that in no way belongs to it. It has just as much food value and is just as wholesome as olive oil; the only differences are in the flavor and the price—and both are notable.

The same can be said of all the vegetable oils, and while the distinctive olive flavor is to be preferred for a plain French dressing, any highly seasoned dressing or mayonnaise will be very satisfactory when made from the other vegetable oils either alone or combined with the olive oil. The only sin in this procedure lay in the deceit which exacted too high a price for the cheaper oil and when the housekeeper does her own mixing this sin becomes an economic virtue, with no loss in food value.

Of course the higher price of the olive oil is justified by the greater cost of both raw material and manufacture and as a luxury it rightfully holds its own if one has the price.

A. L. P.



## TESTED RECIPES

### Tomato Canapés

Cut rounds of stale bread and sauté lightly in hot vegetable oil. Have chilled slices of peeled tomatoes, spread with cold mayonnaise and sprinkle thickly with chopped green peppers (freed from seeds) and watercress. Lay on top of each portion a strip cut from canned pimientos.

### Strawberry Sauce

This is delicious with either cottage or batter pudding and also on small fresh cup cakes. Use any of the solidified cottonseed oils as the shortening. Add to half a cupful of the shortening a quarter of a teaspoonful of salt and work to a cream. Beat in gradually one cupful of sugar, and when very light fold in half a cupful of crushed strawberries pulp. Place on the ice, and just previous to serving, fold in the stiffly whipped white of one egg. Serve immediately.

### Mignon Salad with Curry Dressing

Mix together one pint of shredded cabbage, one minced green pepper, one grated apple, one tablespoonful of finely chopped young onion, two peeled tomatoes, cut in cubes, and a tablespoonful of chopped parsley. Chill the ingredients on the ice and blend with the following dressing: Rub over a small bowl with a cut clove of garlic, add half a teaspoonful of curry powder, half a teaspoonful of salt, a quarter of a teaspoonful of paprika, and a teaspoonful of onion juice. Mix in slowly six tablespoonfuls of any vegetable oil, and add one tablespoonful each of orange and lemon juice. Serve in lettuce cups.

### Savory Cheese Sandwiches

Grate finely half a cupful of American cheese and add half a teaspoonful of blended mustard, one finely chopped hard-boiled egg, half a cupful of minced

watercress, salt and paprika to taste, two tablespoonfuls of any preferred vegetable oil and a teaspoonful of lemon juice. Spread generously between thin slices of unbuttered brown bread or freshly baked baking powder biscuits.

### Strawberry Meringue Tart

Either the solidified cottonseed oils or the plain oil can be used to make the pastry. If the former is used the following proportions are correct: One and one-half cupfuls of flour, one-third of a cupful of the shortening, one half teaspoonful of salt, the same of sugar, and ice water to make a paste. If the oil is employed, sift together one and a half cupfuls of pastry flour, half a teaspoonful of salt and half a teaspoonful of baking powder. Make a depression in the center, pour in half a cupful of the chilled oil and mix quickly with a fork until the oil is blended in like any shortening. Moisten with about half a cupful of ice water, roll out quickly and use immediately. Have all ingredients as cold as possible and do not handle more than you can help. To prepare the tart, bake a pastry shell, fill with large ripe strawberries, dust with powdered sugar and spread with a meringue made from the stiffly whipped whites of two eggs and two tablespoonfuls of sugar. Set in a cool oven to brown.

### College Fruit Salad

Chill on the ice equal parts of halved pitted cherries, small strawberries, shredded pineapple and orange. Sprinkle very lightly with sugar, and after they have stood for an hour, drain off the juice. For half a cupful of the juice add three tablespoonfuls of the oil, the juice of half a lemon and half a cupful of thick cream beaten solid. When ready to serve, add a little crisp shredded lettuce to the combined fruits, heap in the center of a platter, surround with lettuce and add dressing.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BREAKFAST</b> Strawberries Bacon Rolls Corn Bread Watercress Coffee	<b>BREAKFAST</b> Stewed Rhubarb with Dates Dry Cereal Corn Oysters Radishes Coffee	<b>BREAKFAST</b> Fruit Compote Fried Shad Roe Buttered Toast Coffee	<b>BREAKFAST</b> Cherries Cooked Cereal Cinnamon Toast Coffee	<b>BREAKFAST</b> Strawberries Panned Potato and Peanut Cakes Popovers Coffee	<b>BREAKFAST</b> Moulded Cereal Grilled Tomatoes Buttered Nut Bread Toast Coffee	<b>BREAKFAST</b> Shredded Pineapple with Strawberries Creamed Eggs in Bread Cases Watercress Coffee
<b>LUNCHEON</b> Creamed Codfish with Green Peppers Rye Bread Fruit Salad Cookies	<b>LUNCHEON</b> Cream of Asparagus Soup Croquettes Cup Cakes Strawberry Sauce	<b>LUNCHEON</b> Mignon Salad, Curry Dressing Minced Ham Sandwiches Iced Tea Gingerbread	<b>LUNCHEON</b> Savory Cheese Sandwiches Watercress Salad Fruit Jelly	<b>LUNCHEON</b> Eggs sur la Plat Rye Bread Young Onions Cherry Betty	<b>LUNCHEON</b> Escalloped Clams Bread Sticks Cabbage Salad Iced Pineapple	<b>LUNCHEON OR SUPPER</b> Crab Meat and Cucumber Salad Bread and Butter Sandwiches Ginger Ale Cocoa Layer Cake
<b>DINNER</b> Tomato Canapés Parsley Omelet Baked Stuffed Potatoes Asparagus Indian Pudding with Ice Cream	<b>DINNER</b> Broiled Shad Baked Tomatoes Potato Balls Macedoine Salad Italian Dressing Coffee Sherbet	<b>DINNER</b> Vegetable Soup Mutton Ceils Green Peas Finger Rolls Strawberry Shortcake	<b>DINNER</b> Tomato Bouillon Creamed Chicken and Mushrooms on Toast Potato Puff Orange and Banana Salad Grape Juice Dressing	<b>DINNER</b> Cucumber Canapés Fried Filet of Flounder Tartare Sauce Stewed Tomatoes Mashed Potatoes Fruit Tapioca	<b>DINNER</b> Vegetable Canapés Cheese Soufflé Hashed Browned Potatoes Spinach Strawberry Meringue Tart	<b>DINNER</b> Jellied Bouillon Veal Loaf Creamed Potatoes Asparagus Peach Mousse Sponge Cake

# Essential Equipment for a Field Kitchen—So To Speak

By ANNE LEWIS PIERCE, Director, The Tribune Institute

food served after a cocktail of free air and exercise.

Whether you go on foot or on wheels, by paddle, or electric motor, there are certain essential pieces of equipment for keeping food and drink hot or cold or for cooking it by the way. All of this equipment must be light, compact, and carry its own heat or its own cold storage plant, as the case may be.

For those who like to put foot to the ground, swing close to the earth or water, walking or canoeing, all handicaps must be abandoned. Such free souls we point to the luncheon boxes concealing a vacuum bottle and a tin box for sandwiches, meats, cheese or fruit. Carried knapsack-wise, they are no burden between times and are a great solace at meal time. They weigh about three pounds empty and five pounds filled.

The vacuum bottles and jars are sufficient for the canoe or small motor party—broad mouthed jars carry salad in a crisp condition and hold the icebox temperature for butter, lettuce, minced meats, ice cream, and the like, for from four to eight hours. The liquid containers may serve hot soup, or iced tea, coffee cold or hot.

One member of the vacuum bottle family is distinguished by its metal lining, which makes it practically unbreakable. It is decidedly cheering to drop a bottle over a cliff or onto a rock, and have it bob up,

serenely quite able to go on doing business. No casualties are possible in the field kitchen equipped with a metal lined vacuum bottle, which puts the emphasis on its use for out-of-door purposes, though it is slightly heavier (three-quarters of a pound on a two-quart bottle) and does not hold the temperature quite so high or low as the glass lined type. They are, however, perfectly efficient from a practical point of view.

For the motor car or boat the refrigerated basket meets the needs of larger parties of six or seven, and supplements the vacuum bottles and food containers. This basket measures 21 by 10 by 12 inches and weighs empty about 11½

pounds. It straps to the running board, and will carry a goodly amount of chilled fruits, bottled goods or salads. Wilted lettuce, warm tomatoes and tepid ginger ale will never come out of this picnic basket. Seven to eight pounds of ice can be carried, and after twelve hours half of it will still be on duty. A temperature of 50 to 55

degrees was held when the outside temperature was 72. It is easy to pack and unpack, as the picture shows, because of the hinged removable cover.

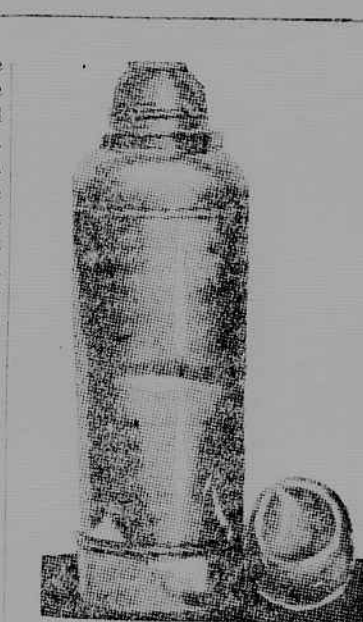
As to the cooking arrangements: One has the choice of several portable stoves. There is a three-story mess kit, with its solid fuel, that will not spill, even when burning,

and which gives 83 minutes' service from each can of fuel cubes. The smaller kit is merely a can of solid fuel set on a brass folding stand.

The whole store is a pocket edition literally, and soup or beans or coffee may be quickly made, as the heat is concentrated and applied at just the right place below the container. It weighs just nine ounces altogether and works for 83 minutes without being replenished—just as long as its elder brother.

For the motor or for boating there is the two burner alcohol stove, which obligingly uses solid or liquid alcohol, or wood if the alcohol gives out. It collapses into a space 15½ by 7 by 1 inch high, and may be carried discreetly in a manuscript case, stowed away in a kitchenette or taken on a picnic with equal propriety. The windshield adds the last word for ease in out-of-door cooking. Despite its modest proportions this stove will accommodate comfortably a six-inch kettle and a seven-inch frying pan at one and the same time.

Life in the open is the best panacea for nerve rag, and the best adjuster of one's perspective on life that can be prescribed. And there is no medicine so agreeable to take. So pack your field cook stove, refrigerator and ice cooler on your back, or in your jittney, and "take to the open road," or personally investigate the freedom of the



A wounded veteran still ready for trench service

high seas and little rivers. It's a great investment in health and happiness that draws big interest on the small sum needed to fit out a field kitchen with these appliances.

[The Tribune Institute will be glad to give prices and lists of such apparatus and the names and addresses of manufacturers on application by telephone or letter.]

SEE TRIBUNE GRAPHIC FOR OTHER INSTITUTE TESTED AND ENDORSED DEVICES.

Two collapsible solid alcohol stoves



Travelling refrigerators small and large—for wayside inns



## New Desserts From the Maple Tree

By MARGARET HAMELIN

CITY dwellers rarely know anything of a genuine "sugaring off," when the heated maple sap poured onto plates filled with snow furnishes a confection that once eaten is never forgotten. But city-bound folks can boil the syrup down, pour it on cakes of ice, and eat it in crisp, cool, thin strips. We have seen it done, especially by the New Englanders. One crowd of cross-country walkers we know of took snow walks by moonlight and came back to a repast of this sort served with pickles and hot chocolate on the side. We do not recommend this as a steady diet, but it only goes to show what the human body will stand in the way of food when plenty of fresh air and exercise are served with it.

For less venturesome souls with less sturdy digestion there are many discreet and toothsome dishes to be made in conservative fashion from

the maple sugar and syrup drawn from the pan and bottle.

### Maple Moonshine Cake

Cream half a cupful of oleo with one and a quarter cupful of maple sugar. Sift together six tablespoonfuls of cornstarch, a quarter of a teaspoonful of salt, one and a half cupful of flour and three tablespoonfuls of baking powder. Combine the flour mixture gradually with the butter and sugar and alternate with half a cupful of sweet milk (scented). Then fold in the stiffly whipped whites of three eggs, flavor with one teaspoonful of vanilla extract and bake in a loaf or in layer pans.

### Ice Cream à la Mexicana

Put one cupful of maple sugar in a saucepan and stir over the fire until it is melted, add one cupful of chopped walnut meats and pour into a shallow buttered pan to harden. When perfectly cold grate or chop fine; also crumble one dozen macaroons and toast in a hot oven for a few minutes. Make a hot custard from one cupful of milk, the

yolks of two eggs, a pinch of salt and a quarter of a cupful of maple sugar. Cook over hot water until well thickened, remove from the fire and beat in the stiffly whipped white of one egg. Allow the mixture to cool. To half a pint of chilled double cream add one tablespoonful of maple sugar and beat until solid. Blend this with the custard and flavor with a teaspoonful of vanilla extract. Freeze slowly, and when the cream begins to congeal add the macaroon crumbs and half of the grated walnut mixture. Finish freezing and let ripen for two hours before serving. Sprinkle the remaining grated walnuts over the cream before serving. This is the typical ice cream of Mexico.

### Maple Marshmallow Frosting

Put in a saucepan two cupfuls of shaved maple sugar and dissolve in one cupful of hot milk and cream mixed. Boil without stirring to the soft ball stage (233 degrees), remove from the fire, add half a pound of marshmallows cut in shreds and

beat until of the right consistency to spread.

### Baked Maple Tapioca Pudding

Cook slowly until transparent half a cupful of any of the quick-cooking tapiocas with one pint of hot water. Add one-quarter of a teaspoonful of salt, one tablespoonful of a half of butter, three-quarters of a cupful of maple syrup and two lightly beaten eggs. Turn into a buttered baking dish, bake in a moderate oven until set and serve with plain cream.

### Maple Rice Pudding With Marshmallows

Take two cupfuls of cold boiled rice and add one pint of milk, a quarter of a teaspoonful of salt, two tablespoonfuls of grated maple sugar and two well beaten eggs. Mix well, turn into a buttered baking dish and bake until the pudding is almost set; then cover the top with fresh marshmallows that have been soaked in cold milk for two or three hours and bake until the marshmallows are delicately browned.

## Rare Recipes for Strawberry Preserves

WHATEVER you are advised to the contrary, don't try to can strawberries. They are apt to darken in color, they shrink under processing and are not satisfactory. Strawberry preserves, jam and jelly are infinitely to be preferred and the following tested recipes are suggested for conserving this most delicious early summer fruit, since this year sugar is not forbidden.

### Strawberry Preserve

Dissolve four cupfuls of sugar in a scant pint of strained strawberry juice (use the smaller, inferior berries for this purpose), let boil five minutes and skim well. Add generous quart of the largest and most perfect berries you can get and simmer very gently until tender, but not mushy. Skim out the berries carefully and pack in hot sterilized jars standing in a pan of boiling water. Drain off the syrup from the fruit in the jars back into the preserving kettle and cook down until quite thick. Pour over the fruit, filling the jars to overflowing, and seal airtight with new rubbers and hot covers. It is well to run a silver knife around the contents of the jar, close to the glass, so that any air bubbles may be broken. Store in a cool, dark

place. This is an old Virginia recipe, and if directions are carefully followed every jar will keep perfectly. The preserve is so rich, however, that it should be served in small quantities. It makes a most delicious sauce for a vanilla mousse or for plain vanilla ice cream.

### Strawberry and Pineapple Preserve

Cook one pint of shredded pineapple in two cupfuls of water for twenty minutes; add five pounds of granulated sugar and when the mixture boils again add three quarts of hulled strawberries. Simmer for twenty minutes longer, skim well and seal as in the previous recipe.

### Strawberry and Rhubarb Jam

This is a very pleasing combination and the cheapness of the rhubarb reduces the cost of the jam. Select the red stalks of rhubarb; as it makes the richer looking product; wash well, remove the strings and cut in small pieces. For a pint of rhubarb allow one and a half pounds of sugar and turn all into a preserving kettle. Let stand over night, and in the morning let the boiling point. Add one

and simmer slowly until thick and jellylike. Cover when cold with paraffin.

### Five Fruit Jelly

This is a very unusual combination and it should be made the latter part of June, when strawberries, cherries, raspberries and currants are at their best. Stone one pint of ripe cherries, saving every particle of juice. Turn into a preserving kettle and add two quarts of raspberries and a pint of red raspberries. Heat all the fruits together until the juice runs freely and then strain through a jelly bag. Add one pint of clear apple juice and each cupful of the combined fruit juices. Boil the juices for twenty minutes, add the sugar and cook, skimming well, until it jells. Cover when cold with paraffin. Equal parts of strawberry and currant juice will also give a good jelly, as will equal parts of strawberry and apple juice; in the latter case, use only three-quarters of a cupful of sugar to each cupful of the combined juices.

### Strawberry Vinegar

Put two quarts of crushed strawberries into a large bowl, pour over

then two cupfuls of cider vinegar and set in a cool place for twenty-four hours; then strain off every particle of liquid. Crush two more quarts of berries, pour over the fruit the vinegar juice and again let stand for twenty-four hours. In the morning strain off the liquid into a preserving kettle, heat to the boiling point, add six cupfuls of granulated sugar and let boil twenty minutes. Store in sterilized self-heating bottles and fill them to overflowing. A few spoonfuls of this vinegar, with the addition of cracked ice and carbonated water, make a most delicious and refreshing summer beverage. V. C. L.

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